

Barley Muffins with Berries

*Developed by Kate Idzorek, Food Research Technician,
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Ingredients

1 cup barley flour
 ½ cup whole wheat or all-purpose flour
 ⅓ cup sugar
 1½ teaspoons baking powder
 ¼ teaspoon baking soda
 ¼ teaspoon salt (optional)
 1 cup berries of your choice (raspberries, blueberries, etc.)
 ½ cup melted butter
 1 cup sour cream
 1 large egg
 1 teaspoon vanilla

Equipment

- 2- to 3-quart mixing bowl
- 1 quart mixing bowl
- wooden spoon or whisk
- measuring cups
- measuring spoons
- 12 cup muffin tin
- 12 muffin tin liners (or non-stick cooking spray, vegetable oil or butter for greasing the muffin tin)



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Method

1. Preheat oven to 400°F.
2. Line muffin tins with paper liners or lightly grease with nonstick cooking spray, vegetable oil or butter.
3. In 2-quart or larger mixing bowl, combine barley flour, whole wheat or all purpose flour, sugar, baking powder, baking soda and salt. Stir and set aside.
4. Combine melted butter, sour cream, egg and vanilla in a 1-quart mixing bowl. Whisk or beat with a spoon until ingredients are thoroughly mixed.
5. Add berries to dry ingredients and stir in.
6. Gradually add wet ingredients to dry ingredients and combine with a few strokes, until dry ingredients are just moist.
7. Divide batter evenly between the muffin cups (each cup should be about ⅓–½ full).
8. Bake for 30 minutes or until toothpick inserted into the center of a muffin comes out clean.

Makes about 12 muffins



Total Cost: \$4.62

Cost per serving: \$0.39

*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

Nutrition Facts

Serving Size (63g): 1 muffin
 Servings Per Container: 12

Amount Per Serving

Calories 180 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 140mg **6%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g

Vitamin A 8% • Vitamin C 2%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Tips

- If using frozen berries, thaw and drain well before adding to dry ingredients.
- Try replacing berries with other favorite muffin flavors such as chocolate chips, dried fruit or bananas.
- To reduce the cholesterol content, replace the melted butter with an equal amount of margarine.
- Replace the eggs with pasteurized egg product if preferred. Replace according to directions on package.
- Replace eggs with dried egg powder if preferred. Replace according to directions on package.





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